

\* Chili Month \* Cookie Month \* Eat Better, Eat Together Month \*  
 \* Health Literacy Month \* Popcorn Month \* Pork Month \*  
 \* Seafood Month \* Spinach Lovers Month \* Texas Peanuts Month \* Vegetarian Month \*  
 \* Communication With Your Kids Month \*

# October 2006



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Salt Week (10/2 - 10/6)						
1 World Vegetarian Day	2 Child Health Day	3	4	5 World Teachers Day	6 Full Moon World Smile Day	7
National School Lunch Week (10/8 - 10/14) National Chestnut Week (10/8 - 10/14)						
8 Apple Saturday	9 Columbus Day (observed)	10 Try tabouleh!	11	12 International Moment of Frustration Scream Day	13 World Egg Day	14
National Food Bank Week (10/15 - 10/21) National Character Counts Week (10/15 - 10/21) National Health Education Week (10/16 - 10/20)						
15 National Grouch Day	16 World Food Day	17	18	19 Try spinach or tomato pasta today!	20	21
International Magic Week (10/25 - 10/31)						
22 Mother-in-Law Day	23 Try a veggie pizza today!	24 United Nations Day	25 Hold a class taste-test of different varieties of apples.	26	27 Cranky Co-workers Day	28
29 Daylight Savings Time Ends	30	31 Halloween				